

Renae Nichols: Zumba

Renae Stockton Nichols is a Bedford resident and mother to 5-year-old twins. Before her children were born, Renae worked as an elementary classroom teacher for eight years. She has participated in dance and music programs since the age of three and she is very excited to combine her love of teaching with the joy of sharing music and dance with others. Renae has found Zumba to be the perfect workout to help her achieve her fitness goals and she looks forward to helping others achieve their goals with Zumba as well.